

## Community Mental Health & Adult Services- Yellowknife Region

### **“SAME DAY” PHONE COUNSELLING APPOINTMENTS**

To help serve you better

**EVERY WEDNESDAY**

we have added a **full day** of “same day”

telephone appointments

To access a “same day” counselling appointment, call

**(867) 767-9110**

The phones are answered beginning at 8:30 am.

Hours of operation are 08:30 to 5:00 pm.

Please indicate that you are calling from **Ft. Resolution**  
for a same-day appointment and  
we will have a counsellor contact you at the appointment time.

There are also a limited number of “same-day” appointments available on  
Monday, Tuesday, Thursday and Friday,  
so it is important to contact the program early in the day.

## WELLNESS SUPPORTS:

<p><b><u>Northwest Territories Help Line</u></b></p> <p><b>1-800-661-0844</b></p> <p>The <b>NWT Help Line</b> offers confidential support to residents of the Northwest Territories, 24 hours per day, 7 days per week. It is 100% free and anonymous. The help line also has an option for follow-up calls. Residents can call the help line at <b>1-800-661-0844</b>.</p>	<p><b><u>Residential School Crisis Line</u></b></p> <p><b>1-866-925-4419</b></p> <p>A National Indian Residential School Crisis Line has been set up to provide support for former Residential School students. You can access emotional and crisis referral services by calling 24-Hour National Crisis Line.</p>
<p><b><u>First Nations and Inuit Hope for Wellness Help Line</u></b></p> <p><b>1-855-242-3310</b></p> <p>If you are experiencing emotional distress and want to talk, contact the toll-free First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310 or the online chat at <a href="http://hopeforwellness.ca">hopeforwellness.ca</a> open 24 hours a day, 7 days per week.</p>	<p><b><u>Health Canada. Residential School Resolution Health Support Program.</u></b></p> <p><b>1-800-464-8106</b></p> <p>Counselling is available for survivors, or family members of survivors of the residential schools.</p>
<p><b><u>Kids Help Phone</u></b></p> <p><b>1-800-668-6868</b></p> <p>If you are a young person and are struggling with a problem- big or small - or have a question about a given topic, please call 1-800-668-6868 or chat with a counsellor during <i>Live Chat</i> hours <a href="https://kidshelpphone.ca">https://kidshelpphone.ca</a>. Kids Help Phone is always available, 24/7/365 days per year.</p> <p>Text <b>CONNECT</b> to 686868</p>	<p><b>Health Centre:</b> 394-4511</p> <p><b>RCMP:</b> 394-1111</p>
<p><b><u>Arctic Indigenous Wellness Foundation.</u></b></p> <p>Phone sessions with traditional counselors for those that would like support during the healing camp shut down in the NWT. Regular business hours from 9am-12pm and 1pm-5pm and staff will be able to call you back during your session time so you don't have to pay long distance if you are calling from one of the communities in the NWT outside of Yellowknife.</p> <p>Please ensure you only call during those time frames. Contact information as follows:</p> <p>William Greenland- 867-446-1346      Annie Mitsima- 867-688-3027      Ruth Mercredi- 867-444-1949</p> <p>For any questions or difficulties getting through, please contact executive director Wilbert Cook at: 867-447-1095 or email: <a href="mailto:wcook@arcticindigenouswellness.org">wcook@arcticindigenouswellness.org</a> or <a href="mailto:info@arcticindigenouswellness.org">info@arcticindigenouswellness.org</a></p>	